



## Wai-Wing Lau

BPE, ACE, MES

### Education

- Bachelor of Physical and Health Education 1997
- A.C.E certified trainer since 1998
- SPI level 1,2 SPI exercise techniques,
- Basic Tai Chi instructor (Yang Style)
- Medical Exercise Specialist (MES) May 2002
- Core Mat lower extremity
- Muscle Activation Techniques (MAT) Jumpstart courses. Upper, Lower, and Trunk Modules 2007
- Kettle Bell level 1
- First Aid and CPR current

### Experience

- CCYA basketball champs 1999
- TBA basketball champs 2004
- Slow pitch Topham league champs
- Slow pitch Scarborough bluffs champs 2X
- Slow pitch Oshawa league champs 2006
- Fitness consultant and personal trainer since 1997
- Competed on several varsity intramural sports; basketball, hockey, soccer
- Coached basketball at the high school level
- TSAA pole vault silver and gold medalist 1991 and 1992

### Philosophy

To make exercise a positive experience and add variety for an educational and entertaining session. Emphasizing the importance of increasing muscle to burn fat. Making sure that exercises are doing what they're supposed to do by helping correct posture and strength imbalances. Adding functional exercises to help with sports performance and to help decrease chance of injury. To remind people that the mind and body are very connected.

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